

NASM PERSONAL TRAINING CERTIFICATION REVIEW%0A

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NASM Certification NASM Personal Training Review

NASM stands for the National Academy of Sports Medicine, a 30-year old company best-known for their Certified Personal Trainer (CPT) program. Within the last 10 years, NASM has certified and recertified more personal trainers than any other personal training company, helping nearly 200,000 obtain, or maintain, their CPTs all across the globe.

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NASM Review The Best Personal Training Certification

The National Academy of Sports Medicine (NASM) is one of the most popular organizations for gaining a personal training certification. The NASM-CPT program is NCCA-accredited, widely recognized and based on the organization's Optimum Performance Training model.

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My Experience with the NASM Personal Trainer Certification

I typically try to keep my posts here short n sweet, but I wanted to cover all the details of my experience with the NASM CPT program. This is a long post, but hopefully all you interested in getting your PT cert will gain some useful insight from it. In deciding which personal training

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NASM CPT Review 2019 What s the hype with this

In my NASM review, I will be talking about all of the pros and cons of this popular certification. The overall goal is to have you be able to decide whether or not this certification lines up with your training style and goals!

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NASM Reviews Personal Trainer Certifications for 2016

Updated September 20th, 2016. NASM Reviews. Certified Personal Trainer, CPT. The NASM-CPT is the most widely chosen certification among fitness professionals, making it the most widely accepted in the industry.

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NASM Personal Trainer Certification Review Real Life

NASM Personal Trainer Certification Review Real Life Experience Before I decided to become a certified personal trainer, I was someone that always liked to workout. In high school, I was a pretty skinny kid who always struggled with gaining weight.

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NASM Certification Review Is It a Good Personal Training

Centered predominantly on athlete performance and functional training, in 1989, NASM launched its personal trainer (NASM-CPT) program. Within a couple years, this certification emerged as a standard in various fitness centers, largely due to World Gym making the NASM-CPT qualification mandatory for every one of their personal trainers.

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Become a personal trainer with an NASM certification. We are the industry leader in personal trainer certifications.

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